



TOBOGGANING SAFETY
OTTAWA LAB TESTING
CHILDREN'S HELMETS
{page 12}

**GOLDEN PALACE LAYS
CLAIM TO TOP EGG
ROLLS IN THE CITY
LUNCH RUSH** {page 13}



IN TOUCH
KIEFER TACKLES
CEREBRAL ROLE IN
NEW SERIES {page 9}



OTTAWA
metro®

Tuesday, January 24, 2012
www.metronews.ca



News worth sharing.

All-Star. Weekend



► Kids from St. Luke's Child Care Centre peer up at Mayor Jim Watson, right, as he gives them a tour of the Ottawa Sports Hall of Fame at city hall Monday.

JESSICA SMITH/METRO

Learning hockey history with the mayor

Mayor Jim Watson hosted the tour of the Ottawa Sports Hall of Fame to mark the lead-up to this weekend's NHL all-star game — which one of the kids called "Go Sens Go day!"

Documents contradict Clement on G8 fund: NDP

► NDP accuses minister of choosing grant recipients ► Clement denies charges and says he only made recommendations

The NDP has released memos in which a senior federal bureaucrat contradicts Treasury Board President Tony Clement's insistence that he was not involved in dividing a \$50-million fund to spruce up his riding before the 2010 G8 summit.

Clement has insisted he acted simply as an intermediary, forwarding the wish lists of mayors in his Parry Sound-Muskoka riding to John Baird, who was then infrastructure minister.

But his assertion is directly contradicted in memos prepared by a senior civil servant involved in helping the Ontario cottage country riding reap the benefits of host-

ing the summit.

Tom Dodds, a senior official with FedNor, the northern Ontario economic development agency, says it was Clement's office that decided which projects would not get funding and which would be recommended for Baird's approval.

The party obtained the memos through the Access to Information Act.

The controversial fund was used to pay for gazebos, public washrooms, streetscape and park improvements, and other beautification projects throughout Clement's riding, often nowhere near the site of the summit in Huntsville. **THE CANADIAN PRESS**

**Kindergarten
Registration Ongoing**

Official Kindergarten Registration Week
at the Ottawa-Carleton District School Board
January 30 – February 3, 2012

How far they go is up to them...
How they get there is up to you.

At the Ottawa-Carleton District School Board,
we have the programs you need to get them there.



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD
www.ocdsb.ca

Westend Automotive.com



NO PAYMENTS TILL JUNE 2012!

NO \$\$\$\$\$ DOWN!

4.99% Financing O.A.C.
Payments to fit everyone's budget

CALL FOR PRE-APPROVAL

**2009
MERCEDES-
BENZ C-CLASS**



\$30,995

\$309.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 355268

**2011
CHEVROLET
TRAVERSE**



\$24,995

\$249.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 138951

**2004
MAZDA
MIATA**



\$11,888

\$118.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 405653

**2006
VW
JETTA TDI**



\$13,995

\$139.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 831488

**2006
NISSAN
XTRAIL**



\$10,888

\$108.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 200278

**2009
MAZDA 5**



\$14,995

\$149.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 330875

**2008
MINI COOPER
S**



\$22,995

\$229.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: v32985

**2011
HYUNDAI
SONATA**



\$18,888

\$188.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 096737

**2009
CRYSLER
300**



\$13,995

\$139.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 59210

**2009
HONDA
CIVIC**



\$12,995

\$129.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 007558

**2010
CHEVROLET
AVEO**



\$9,995

\$99.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 130875

**2009
VW GOLF**



\$11,495

\$114.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 011927

**2007
DODGE RAM
1500 4X4**



\$18,888

\$188.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 608960

**2008
PONTIAC G6
SEDAN**



\$11,888

\$118.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 234633

**2011
NISSAN
VERSA**



\$13,888

\$138.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 374054

**2007
SATURN
ION**



\$6,888

\$68.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 148536

**2007
PONTIAC
VIBE**



\$9,388

\$93.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 424864

**2007
TOYOTA
YARIS**



\$8,777

\$87.77 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 045307

**2008
HONDA
CIVIC**



\$11,888

\$118.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 006007

**2009
KIA RIO5
LX**



\$9,888

\$98.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 568089

5872 HAZELDEAN RD. OTTAWA
613.836.6786

200 MORE VEHICLES AT
WESTENDAUTOMOTIVE.COM

Applicant must qualify for 6 months, No payments based on accepted credit from lender. monthly interest applies starting at 4.99% variable. Interest rates range from 4.99% to 29.9% OAC. Financing example: \$9,995 at 60 months at 4.99% cost of borrowing is \$1,649.95 equals \$99 bi-weekly for total obligation of \$12,988.30 OAC. Down payment may be required. All prices subject to applicable tax.

Ottawa one of the least vulgar cities on Twitter

JOE LOFARO
@METRONEWS.CA

When it comes to cussing in 140 characters or less, it looks like Ottawans like to hold their tongues, according to a survey by tbk Creative.

The London, Ont.-based web design and social media marketing firm sifted through more than one million tweets that contained the terms F@K, SH#T, and DA!@IT and the names of some of Canada's most populated cities between Oct. 7 and Nov. 5, 2011.

Ottawa ranks at number 10 in a list of 15 cities with tweets containing those key terms. Only 0.43 per cent of Ottawa tweets had the cuss words. Toronto ranked 4th with 0.62 per cent of tweets laced with the curse words.

At the top of the list of foul-mouthed cities is Brampton with 1.41 per cent.

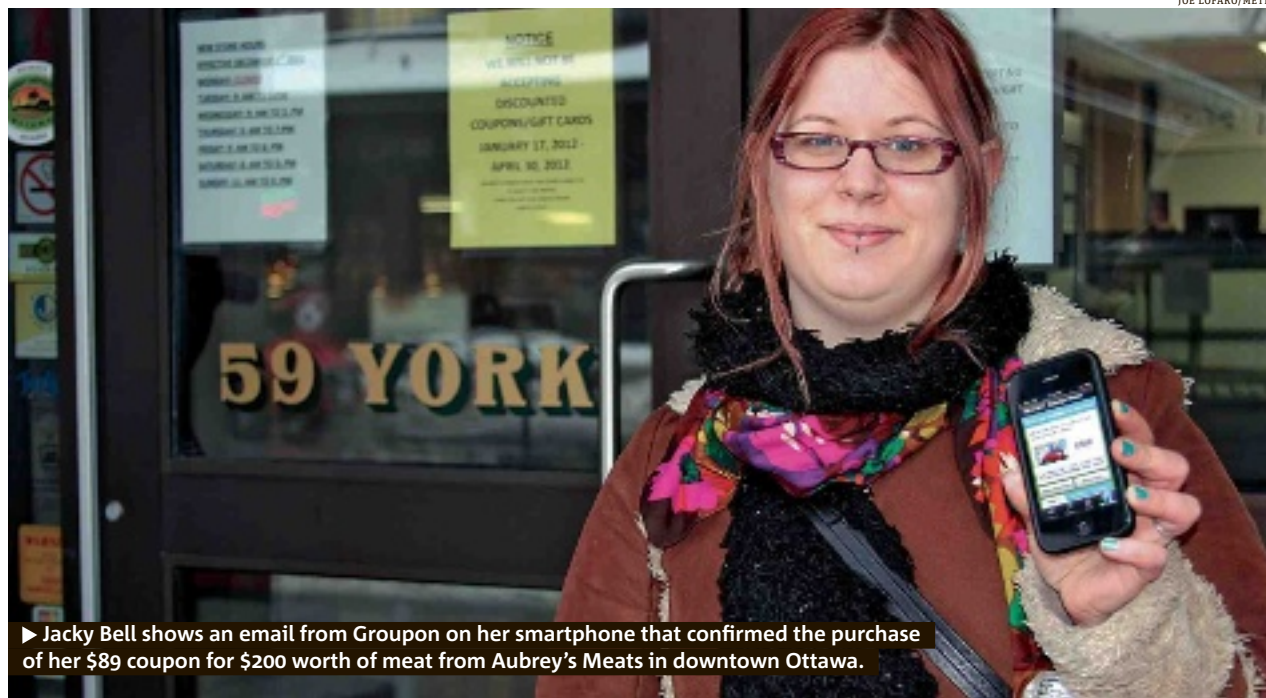
Andrew Schiestel, senior partner with tbk, said the survey is meant to be fun and shouldn't be taken very seriously.

Surrey, Edmonton, Calgary, and Vancouver are among the bottom five in terms of vulgarity, while the top four are in Southern Ontario.

"Draw your own conclusions," he said.



For more local news visit metronews.ca/Ottawa



▶ Jacky Bell shows an email from Groupon on her smartphone that confirmed the purchase of her \$89 coupon for \$200 worth of meat from Aubrey's Meats in downtown Ottawa.

Local butcher shop halts its coupon deal

► Sign on front door says, 'We need to rebuild what this store stands for, i.e. quality and service' ► Situations like these happen 'very rarely': Groupon

One of the customers who bought an online coupon for some heavily discounted meat from an Ottawa butcher shop said she isn't turned off from social buying even though the store isn't honouring the deal.

Jacky Bell visited Aubrey's Meats on York Street Monday only to see a sign on the front window saying online coupons and gift cards will not be accepted until May. She bought an \$89 coupon for \$200 worth of meat from Aubrey's in October.

CBC News reported last

week that the shop experienced difficulty in keeping up with the demand of all the coupons sold after the owner passed away.

Websites like Groupon offer steep discounts to a variety of businesses after a certain number of people buy into it. If that number is met before the offer expires, everyone who places an order will get the coupon delivered to their email inbox.

While some took to Twitter to express their disappointment with the situation, Bell said her ex-

perience likely won't deter her from using Groupon.

"I understand why they might be upset," she said. "It's a sucky situation, (but) calm down."

Aubrey's was closed Monday and management could not be reached for comment. Bell said she still intends to buy coupons from sites like Groupon and buy meat from Aubrey's.

"I like buying local, pesticide-free products," she said. "I would just wait until after April and try again."

Julie Mossler, a Groupon spokesperson, said affected subscribers should receive an email within the next few days explaining how to obtain a refund from the Chicago-based company.

Ottawa-based Kahoot.ca also offered its subscribers a similar deal from Aubrey's and management said it will try to help them.

"We are working diligently to come up with some sort of a solution for our valued subscribers," Kahoot management wrote in an email statement.

JOE LOFARO



Brothers are reunited in Japan after six decades apart. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

Follow us on Twitter @metroottawa

HOTEL INSPIRED CONDOS®

from \$253,900**

SOHO
CHAMPAGNE

LUXURY CONDOMINIUMS

Only 5% Down!
in 2012*

MASTERCRAFT STARWOOD
Investment Builders Since 1951

*See web site for details. **Prices subject to change without notice.



DESIGN BY
BRIAN
GLUCKSTEIN

sohochampagne.com

IDS12

Brian Gluckstein keynote speaker

Toronto Interior Design Show 2012

Jan 26-29. Metro Toronto Convention Centre

SOHO
METROPOLITAN
HOTEL

While visiting Toronto for IDS12 stay at the SoHo Met Hotel sohomet.com

12/14
Artist's Rendering

News in brief

CONTRIBUTED BY OTTAWA HUMANE SOCIETY



► One of the cats rescued in 2009.

Women caught hoarding cats

PET BAN. The Ottawa Humane Society will be asking a court next month to prohibit a mother and daughter from owning pets for the rest of their lives after they allegedly violated conditions of their sentence last year for hoarding 36 cats.

A recent search of their home found the pair had acquired 13 more cats despite being ordered by a judge not to own any pets aside from two dogs.

● JESSICA SMITH

Woman pinned under snowplow

LIFE THREATENING INJURIES.

An Ottawa woman was hospitalized with life threatening injuries Monday night after being hit by a snowplow and pinned under its wheel, paramedics say.

The collision closed Woodroffe Avenue at Iris Street to north- and south-bound traffic as emergency personnel worked to free the woman and treat her injuries. ● METRO

Police board reappoints chair

EL-CHANTIRY. The Ottawa Police Services Board reappointed West Carleton Ward Coun. Eli El-Chantiry as its chair, and provincially appointed member Jim Durrell as its vice chair.

● METRO

NHL warns of fake jerseys

► Ties to organized crime, shoddy workmanship among perils of counterfeit jerseys, trademark-holder says ► Surge in sellers expected for all-star game



JESSICA SMITH
@METRONEWS.CA

In addition to hockey fans, the all-star game in Ottawa will likely draw sellers of counterfeit jerseys to town — some that have ties to organized crime and others that are poorly made, according to a warning from the NHL Enterprise group.

The group licenses NHL teams' trademarks and authorizes all "official" merchandise.

They will be working with the RCMP in Ottawa to stop counterfeit merchandise sellers who might come to town for the all-star game.

"Because it's a big event that gets fans excited, it's a good opportunity for counterfeiters to come in



► Sports commentator Francois Gagnon holds up a counterfeit jersey with the name of Tampa Bay Lightning's Vincent Lecavalier spelled incorrectly last fall in Montreal

and take advantage of people who may not realize they're getting stuck with

substandard merchandise," said Tom Prochnow, NHL Enterprises group

vice president.

Some of the fake merchandise is sold out of duffle bags in the arena parking lot, some online and some in stores.

"Some people know, but a lot of people aren't aware," he said. "They think they're getting a good deal on something and it's not a good deal if it's the wrong colour, there's a typo or if it shrinks two sizes in the wash."

Prochnow said some sellers of counterfeit jerseys also have ties to organized crime.

"The counterfeiting business in general is connected to organized crime. A lot of times, the same people who are selling counterfeit jerseys one day are selling drugs another day," Prochnow said.

WE MEAN BUSINESS AT EVEREST COLLEGE

Offering Career Training in:

- Accounting and Computer Applications
- Accounting and Payroll Administrator
- Addictions and Community Services Worker
- Business Administration
- Cardiology Technologist
- Computer Business Applications Specialist
- Dental Office and Chairside Assistant
- Early Childhood Assistant
- Executive Office Assistant
- Medical Laboratory Assistant/Technician – New Program!
- Health, Fitness and Nutrition Consultant
- Intra-Oral Level II Dental Assistant
- Law Enforcement Foundations
- Massage Therapy
- Medical Office Administrator
- Network Administrator
- Office Assistant
- Paralegal
- Personal Support Worker
- Physiotherapist Assistant
- Travel and Tourism

- Career services assistance available to graduates
- Morning and afternoon classes available. Evening classes vary by campus.
- Financial assistance may be available for those who qualify
- Programs and Schedules Vary by Campus



CALL NOW FOR MORE INFORMATION!

1-866-475-3192

Apply online at www.EverestCanHelp.ca

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Ottawa East • Ottawa West

16 Convenient Locations in Ontario

Providing Quality Education in Ontario for More Than 40 Years

Speedflirt

He winks,
she winks back



She flirts,
he flirts back

Introducing Speedflirt, a flirty new app for meeting singles in your city looking for love or friendship.

Create a profile, browse profiles and find your match!

Download and install the free app for your mobile device – available on the App Store or Android Market.



**YOU KNOW YOU DO IT...
AND WE WANT TO KNOW HOW!**

Take the Metropolitan Panel Flirty Survey on January 27

Register today at metropolitanpanel.ca



Crime bill too costly: Ontario

► Quebec and Nfld., also say Bill C-10 will overwhelm their courts

The omnibus federal crime bill will cost Ontario more than \$1 billion in increased police and court costs, the province's Liberal government said Monday as it demanded Ottawa pick up the tab.

Ontario faces "the very real possibility" of having to build a new 1,000-bed jail, at a cost of \$900 million, to house the extra prisoners who will be arrested and sentenced under Bill C-10, said Correctional Services Minister Madeleine Meilleur, who added she would be calling on the federal government to cover the extra costs.

Federal Justice Minister Rob Nicholson was unavail-

Capacity crunch

- There are about 8,500 inmates in Ontario correctional facilities, which operate at about 95 per cent capacity, said Correctional Services Minister Madeleine Meilleur.
- The province estimates the Conservatives' crime bill could add another 1,500 inmates to the provincial system by 2016, pushing populations to 150 per cent of capacity at some jails.

able to comment Monday, but his office said the cost of crime on society far exceeds the cost of fighting crime. **THE CANADIAN PRESS**

Southern. Storms



► John Braswell, right, Joe Braswell and Andrew Hughes, pastor of Beardon Methodist Church, remove fallen trees from a car in Fordyce, Ark., on Monday. Strong storms struck the area late Sunday.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Wild weather wallops Alabama

A storm system that hit Arkansas Sunday night moved on to Alabama Monday, with violent weather and possible tornadoes leaving dozens of people injured and killing at least two, including a man who lived in an area devastated by a deadly twister outbreak in the spring.

Radiation from speedy solar flare bombarding Earth

The sun is bombarding Earth with radiation from the biggest solar storm in more than six years, with more to come from the fast-moving eruption.

The solar flare happened at about 11 p.m. EST Sunday and will hit Earth with three different effects at three different times. The biggest issue is radiation, according to the National Oceanic and Atmospheric Administration's (NOAA) Space Weather Prediction Center in Colorado.

The radiation is mostly a

concern for satellite disruptions and astronauts in space. It can also cause communication problems for polar-travelling airplanes, said space weather centre physicist Doug Biesecker.

Radiation from Sunday's flare arrived at Earth an hour later and will likely continue through Wednesday. Levels are considered strong but other storms have been more severe. There are two higher levels of radiation on NOAA's storm scale — severe and extreme — Biesecker said.

NASA/THE ASSOCIATED PRESS



► This NASA image, taken Sunday night, shows a solar flare erupting on the sun's northeastern hemisphere.

150M
The radiation — in the form of protons — came flying out of the sun at 150 million km/h.

Still, this storm is the strongest for radiation since May 2005.

NASA's flight surgeons and solar experts examined the solar flare's expected effects and decided that the six astronauts on the Inter-

national Space Station do not have to do anything to protect themselves from the radiation, spokesman Rob Navias said.

Scientists watching the sun with a new NASA satellite launched in 2010 — during the sun's quiet period — are excited.

"We haven't had anything like this for a number of years," said Antti Pulkkinen, a physicist at NASA's Goddard Space Flight Center in Maryland. "It's kind of special."

THE ASSOCIATED PRESS

Man charged after snowmobile chase

An Alberta man is due in an Ontario court Tuesday to face charges stemming from a snowmobile chase involving police.

Provincial police say officers tried to stop a snowmobile carrying an adult and a child northwest of Peterborough, Ont., on Saturday because neither was wearing a helmet.

Police say the snowmobile sped off at more than

100 kilometres per hour,

The snowmobile stopped at the Bailey's Bay Resort and the driver fled, leaving behind the five-year-old child, who was not injured.

The driver was apprehended inside a trailer after a scuffle during which he was pepper sprayed.

Scott Milton McKenzie, 25, of Fort McMurray, Alta., faces numerous charges.

THE CANADIAN PRESS

War crimes suspect deported

A man accused of crimes related to the Rwandan genocide has been deported from Canada.

Rwanda's Foreign Minister Louise Mushikiwabo confirmed on Twitter on Monday night that Leon Mugesera was on a plane bound for Rwanda.

He is among the first Western refugee claimants to be sent back to Rwanda to face charges related to



► Leon Mugesera

the 1994 massacre.

He had been living in Canada for nearly two decades and had appealed his case repeatedly. He lost a last-ditch attempt to stave off deportation in Quebec Superior Court on Monday. **THE CANADIAN PRESS**

RYAN REMIOW/THE CANADIAN PRESS

Canada's

National Notary Public

Company

Mobile Notary

Certified True Copies

E-Document Certification

Notarization & Commissioners of Oaths

Affidavits

Visa & Passport Processing

RedSeal Notary.com

Notarization & Legalization

Over 100 Locations Across Canada



Scan and Save



Fingerprinting

Background Checks

Land Title Searches

Authentication & Legalization (Apostille)

Consent to Travel

1-888 922-7325

Soldier's hazing, suicide could lead to court martial

► Eight soldiers charged in death of American infantryman who shot himself on tour in Afghanistan

An investigative hearing has recommended that an American soldier be court-martialed over hazing that allegedly led to a fellow infantryman's suicide in Afghanistan, but dismissed the most serious charge against him, the U.S. military said Monday.

Specialist Ryan Offutt is one of eight soldiers charged in the death of 19-year-old Pte. Danny Chen, who shot himself last October after what investigators say were weeks of physical abuse, humiliation and racial slurs.

A native New Yorker of Chinese descent, Chen had been in Afghanistan only two months when he shot himself in a guardhouse at an outpost in Afghanistan's Kandahar province.

The investigative hearing recommended that Offutt, 32, be court-martialed on charges including assault, negligent homicide and reckless endangerment, a statement from the U.S. military said.

It said the hearing, which ended Sunday, did not recommend trial for an additional charge of involuntary manslaughter, punishable by up to 10 years in prison.

The most serious charge



► Pte. Danny Chen, 19, shot himself on Oct. 3, 2011, after weeks of alleged abuse in Kandahar, Afghanistan.

Offutt now faces is negligent homicide, which carries a prison sentence of up to three years.

The regional American military commander will make a final decision on any court martial based on the hearing's recommendations, the statement said.

Attorneys for Offutt could not immediately be contacted. Offutt joined the U.S. Army in 2006 and served 14 months in Iraq before being deployed to Afghanistan.

THE ASSOCIATED PRESS

Investigation

► Chen's family has said investigators told them that Chen was subjected to racial slurs and forced to do excessive sit-ups, push-ups, runs and sprints carrying sandbags.

► Seven other members of Chen's unit will face similar hearings over the next month at Kandahar Air Field, the sprawling base for U.S. and NATO operations in the south.

Putin is messenger of God, says cult leader

TANYA SIDORCHENKO
IN MOSCOW

An icon of "Saint" Vladimir Putin has begun to ooze myrrh, a religious cult leader in central Russia claims.

The Putin-worshipping cult in Nizhny Novgorod, led by former convict Svetlana Frolova, now known by followers as Mother Fotinya, believes this to be a heavenly sign of God's presence of Earth.

"Attention! Starting from Thursday, the icon of Vladimir Putin has been renewed and is seeping myrrh," a statement read on the cult's website. "God is giving us signs of His gracious presence."

In the Russian Orthodox Church, myrrh streaming out of icons, as well as the renewal of icons, are considered to be miracles.

On her cult's website,



► Russian Prime Minister Vladimir Putin

Frolova added that the Russian prime minister is on a mission "to rechristen our pagan country." She also considers him to be the embodiment of Russia's first ruler from medieval times, Vladimir the Great, and of the apostle Paul.

"The apostle Paul was a

Mother Fotinya

► The cult leader is allegedly related to the 59-year-old prime minister — albeit in another lifetime. "Fotinya told us that she herself was Putin's cousin in a past life," a nurse from a children's medical centre near the cult's church, told Metro.

► Reports allege that Frolova's sect, founded in 2005, was set up so followers could transfer their assets into her account.

brutal persecutor of Christians, but then began to preach the gospel. During his service in the KGB, Putin was also involved in not so righteous deeds. But when he became president, the Holy Spirit descended upon him" she told the newspaper Sobesednik.

Obama to 'hang' in chatroom

U.S. President Barack Obama plans to "hang out" in a video chatroom to answer questions about his State of the Union address, part of a White House effort to test new social networking tools and the latest evidence of the growing intersection of social media and politics. THE ASSOCIATED PRESS

Anti-Jewish attitudes still alive?

A new study by a Parliament-appointed commission shows 20 per cent of Germans harbour "latent" anti-Semitism, but anti-Jewish crimes are almost exclusively committed by the far right. The study puts Germans in the middle of the pack in Europe. THE ASSOCIATED PRESS

Hungary dismisses report

Italy says Hungarian authorities have dismissed as "groundless" a report that an unregistered Hungarian woman was aboard the Costa Concordia cruise ship when it capsized. The statement said the person calling in the report gave a false name of someone who had died three years ago. THE ASSOCIATED PRESS

Allô, ici la Terre!

French-language public schools
answer the call by shaping tomorrow's
future global leaders.

Ongoing
registration!

"Growing up in Ottawa, I attended two French public schools at the CEPEO, Eastern Ontario's French Public School Board. It helped me acquire the tools in my career today to succeed as an NHL player."

Érik Gudbranson

High school graduate from école secondaire publique Louis-Riel and NHL player for the Florida Panthers



www.cepeo.on.ca/medias-sociaux

www.cepeo.on.ca 613.742.8960

Conseil des
écoles publiques
de l'Est de l'Ontario



RIM's new CEO already in hot seat

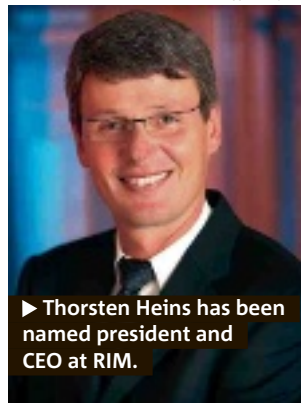
► Analysts wonder whether Heins will lead company or prepare to sell ► RIM's course set by former CEOs

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18 months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders holding just under 10 per cent of the shares. Al-



► Thorsten Heins has been named president and CEO at RIM.

boini criticized keeping Balsillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

Queen's University business professor John Pliniussen doesn't feel Heins is the right choice to turn RIM around.

"It's the right move but the wrong guy. He's been there four years and is part of the reason behind RIM's underwhelming product and marketing missteps," said Pliniussen.

Once one of Canada's most valuable companies, RIM has seen its fortunes

Heins' history

- Heins, born in 1957 is not a well-known quantity. He joined RIM in December 2007 as a senior vice-president for hardware engineering and became chief operating officer for product and sales in August.
- The 54-year-old native of Munich, Germany joined the German engineering group Siemens AG straight out of university in 1984, the year RIM was founded in Waterloo, Ont. He holds a master's degree in science and physics.
- Prior to joining RIM in 2007, Thorsten was chief technology officer of Siemens' communications division.

plunge as it lost market share to competitors. RIM's problems were made worse by disappointing sales of its PlayBook tablet, a global four-day BlackBerry service outage last year and product release delays.

TORSTAR NEWS SERVICE

Heins to stay on course or change?

Technology analyst Carmi Levy says Heins brings nearly three decades of telecom industry experience to the table.

With senior leadership experience in Europe, Heins has been a driver of

the company's push into global markets, said Levy. The big question is his willingness to change.

"His initial interviews with the media point to a stay-the-course. This is not how radical change begins,

and his intimacy with the company could work against him as he faces a growing mountain of tough choices required to rebuild RIM's brand," said Levy.

TORSTAR NEWS SERVICE

Harper's eyes on exports at World Economic Forum

Prime Minister Stephen Harper is off to the international economic thinkfest in Davos, Switzerland this week, where he will reiterate Canada's desire to diversify its trade, especially its oil exports, said his spokesman Andrew

MacDougall.

"It's important to us now that a road has been blocked in the States," MacDougall said, referring to the recent Keystone XL pipeline decision.

MacDougall did not mention China specifically, but said Harper is eyeing emerging markets.

Meanwhile, the Occupy movement has come to the World Economic Forum, an annual gathering of 2,600

decision-makers from nearly 100 countries and hundreds of companies that starts Wednesday.

VIPs in Davos are usually sheltered from critics. This year, the global question-the-establishment wave has brought in a small band of protesters, with an igloo-and-yurt camp and anti-capitalist entreaties ready to greet the big bosses of business and world politics.




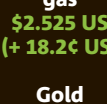
THE ASSOCIATED PRESS

Digital music sales stuck: Lobby group

A report by the global music industry lobbying group says the growth in digital revenues remains stuck in the single figures. The International Federation of the Phonographic Industry blames piracy and government sluggishness. While a report says that digital revenue has risen by 8 per cent, one analyst says that isn't enough to make up for the decline in sales elsewhere.

THE ASSOCIATED PRESS

Market moment

| TSX | Dollar |
|---|---|
|  |  |
| + 124.61 (12,521.70) | + 0.57¢ (99.27¢ US) |
| Oil | Natural gas |
|  |  |
| + \$1.25 US (\$99.58 US) | \$2.525 US (+ 18.2¢ US) |
| | Gold |
| | \$1,678.30 US (+ \$14.30 US) |

PRICES AS OF 5:00 PM MONDAY

Your job is out there.
We'll help you find it.



71 Bank Street, 5th Floor, Ottawa
(613) 232-0022
Monday-Friday 8:30-4:00
Tuesdays 8:30-6:00

Visit us for a range of **FREE** bilingual employment services including:

- One-on-one employment consulting
- Job matching & job training
- Resume writing assistance
- Second Career & OSEB program assistance
- Apprenticeship information & assistance
- Services for employers
- Workshops



This Employment Ontario program is funded in part by the Government of Canada.

Ce programme Emploi Ontario est financé en partie par le gouvernement du Canada.

STRESSED ABOUT DEBT?



More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.

BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

613 235 5225
bdodebthelp.ca

BDO Canada Limited is an affiliate of BDO Canada LLP, BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.



THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO



Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors. Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble. They have terrifying titles like **INSANITY!** and promise to **RIP AND SHRED YOUR BODY**, as if those are actually desirable outcomes.

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a \$1,500 Mac-Book Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home-video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa-2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "Cool down." As I stretch out on my yoga mat, I find myself wondering where I could pick up some of those chains for my running shoes.

.....
Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Should the porn industry be forced to use condoms?

75%

YES, IT'S A
WORKPLACE
SAFETY ISSUE



0%

SOMEWHAT,
PORN
COMPANIES
SHOULD BE
FORCED TO LET
EMPLOYEES
CHOOSE

25%

NO, IT
SHOULD BE
UP TO THE
EMPLOYER

Local tweets



- ▶ **@tweetsonlo:** Bad news #Ottawa, the forecast calls for near-zero temperatures. Chances of the canal freezing in time for Thursday are bleak.
- ▶ **@Kim_Moir:** Where can you buy okra in #ottawa? My southern gumbo is not the same without it and Loblaw's stopped carrying it.
- ▶ **@lauraLTPF:** there's never anything good to eat in my house... #firstworldproblems
- ▶ **@rejudynation:** I don't get it. Freezing rain and melting ice, at the same time. #Ottawa #dlws
- ▶ **@golfingforgary:** @JimYoung44 and @mikebureau are hammering out plans for the 7th Annual tournament! Hoping to secure Sat. Aug 25, 2012...stay tuned. #ottawa
- ▶ **@dacrumster:** #ottcity offers free skating for all!! Check your nearest street or parking lot <http://t.co/ySLOXW93>

Daily Zoom



Rise of the fake sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early in central London after a fake "sun" was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of "daylight."

● MWN

"There are very few moments more spectacular and uplifting than watching an early morning sunrise."

ANDREW SHOBEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE "TRAFALGAR SUN," A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- ▶ **Is 30,000 times the size of a soccer ball.** It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- ▶ **Worth 60,000 light bulbs.** The sun's internal core produces four-million lumens of light.
- ▶ **Time to wait for sunrise.** Greyworld took six months to create the installation.



Martin Bohm vs. Jack Bauer

How does Kiefer Sutherland's new character in *Touch*, Martin Bohm, compare to 24's Jack Bauer?

Similarities — both men have children they're trying to protect: Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world. Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to kidnap and harm her as a way to weaken Jack.

They're both widowers: Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.

Differences — they live on opposite sides of the country: Martin and his son are located in New York. Jack, although rarely in one place for a long time, resides in Los Angeles.

They are in different lines of work: Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit, in some capacity or another.

Kiefer's new touch

- Kiefer Sutherland tackles a more cerebral role in the new series *Touch*
- But *Touch* has its own action — a boy with a gift for predicting the future

IAN JOHNSTON
SCENE@METRONEWS.CA

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for *Touch*.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from *Heroes* creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father trying to connect to his son. That's at the heart of the show."

But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral *Touch*?

"Well, we're not blowing



► Kiefer Sutherland returns to TV with the new series *Touch*.

things up. But I think there's enough excitement around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24

character and *Touch*'s more down-to-earth Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And by the end, you realize this guy's never going to win. On *Touch*, you realize Mar-

tin is never going to have that quintessential father/son relationship with his son, and yet he too perseveres."

Touch premieres Wednesday at 9 p.m. (ET) on Global.

2

scene

Scene in brief



Get ready for *The Bachelor*, Canadian-style. Citytv says the popular reality series is coming north and is scheduled to launch on the network this fall. A search for Canadian bachelorettes began Monday at Citytv.com. **THE CANADIAN PRESS**



Scan this code or visit metronews.ca/Oscars to watch Tuesday's live telecast of the Academy Award nominations.

BILINGUAL FOR LIFE

ecolecatholique.ca
613-746-3837 | 1-888-230-5131

Veillez consulter notre site Web afin de connaître tous les critères d'admissibilité pour l'inscription de votre enfant.

CONSEIL DES
ÉCOLES CATHOLIQUES
DU CENTRE-EST
Le meilleur conseil
qu'en puisse vous donner

Health scares of the stars

► K-Fed suffers 'mini heart attack' ► Tracy Morgan collapses in Utah

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca



The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, *Excess Baggage* (because, apparently, *Celebrity Fit Club* worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertiliser, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini heart attack" (which



► Tracy Morgan

sounds like an oxymoron if there ever was one).

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City, Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Holly-

wood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and



► Kevin Federline

altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

Klum and Seal: Yup, it's over

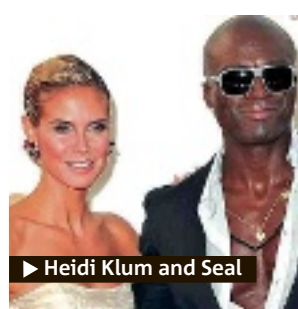
Heidi Klum and Seal have confirmed that they are separating after seven years together, according to Peo-

ple magazine.

"While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate," Klum says in a statement.

"We have had the deepest respect for one another throughout our relationship and continue

to love each other very much, but we have grown apart. This is an amicable process, and protecting the well-being of our children remains our top priority, especially during this time of transition." Seal and Klum are parents to Leni, 7, Henry, 6, Johan, 5, and Lou, 2. ● METRO



► Heidi Klum and Seal

Celebrity tweets



Dear Auto Correct, Duck you. Sincerely, Everyone



@Alyssa_Milano

@kathynajimy

want a great idea for a good invention? swollen feet you can screw off at the end of the day and store on the shelf.

@DonaldGlover



watchin french children's show explain how to make a home-made alarm for your sack lunch. If it was in black & white, it'd be a masterpiece



@SteveMartinToGo

Waiting for call asking me to do halftime show at Superbowl with solo banjo. How will I control fans rushing stage? Details to work out.

Simon says the wedding is off

Simon Cowell says his engagement to Meaghan Hussainy is off — and the relationship is as well, in a way.

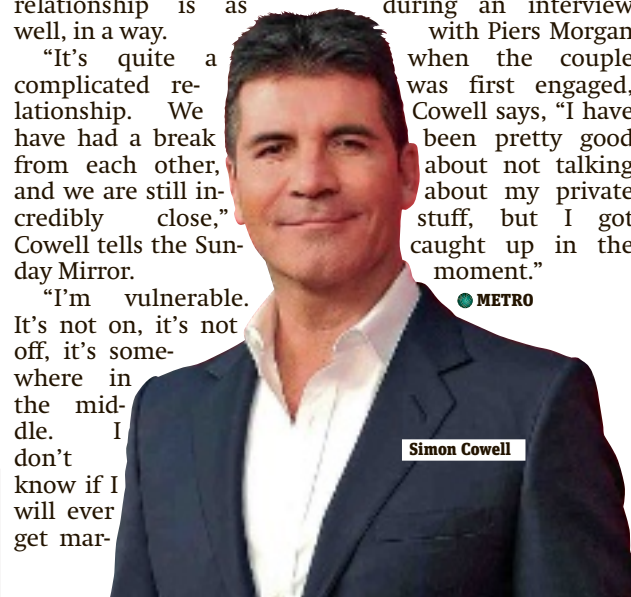
"It's quite a complicated relationship. We have had a break from each other, and we are still incredibly close," Cowell tells the Sunday Mirror.

"I'm vulnerable. It's not on, it's not off, it's somewhere in the middle. I don't know if I will ever get mar-

ried, but I am happy."

As for his gushing about Hussainy being "the one" during an interview with Piers Morgan when the couple was first engaged, Cowell says, "I have been pretty good about not talking about my private stuff, but I got caught up in the moment."

● METRO



Simon Cowell

5,000 miles apart?

With reports of trouble in their 14-year relationship, Johnny Depp and Vanessa Paradis have reportedly been living apart this week — 5,000 miles apart, according to People magazine. While Depp has kept a low profile in Los Angeles, Paradis has been spotted in Paris shopping and prepping for the premiere of her new film, *Café de Flore*. Earlier last week, Paradis stopped into a department store to pick up some DVDs, including the Marilyn Monroe classic *The Seven-Year Itch*.

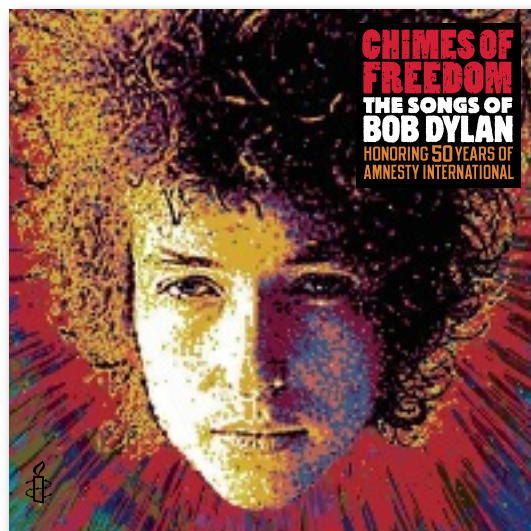


► Johnny Depp

● METRO

THIS ALBUM SAVES LIVES

IF YOU BUY THIS ALBUM, NOT ONLY ARE YOU GOING TO HEAR SOME GREAT MUSIC, BUT ALL PROFITS WILL HELP FUND AMNESTY INTERNATIONAL'S LIFE-SAVING HUMAN RIGHTS WORK



OVER 70 PREVIOUSLY UNRELEASED TRACKS



OVER 80 ARTISTS SPECIALLY PRICED 4 DISC COLLECTION

AVAILABLE EVERYWHERE 24 JANUARY 2012

amnestyusa.org/chimes



ENTER FOR YOUR CHANCE TO WIN
ADVANCE SCREENING PASSES TO SEE

SAFE HOUSE

ON FEBRUARY 8



IN THEATRES FEBRUARY 10

14A - Violence



To register and for full contest details visit clubmetro.com

World of eye care can be confusing

► Learn the difference between a sight test and a full eye exam ► And research before you go



CELIA MILNE
LIFE@METRONEWS.CA

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults.

If you are young (under 19) or older (over 65), you

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."

DR. RIAZ AHMED



► Before you get an eye exam, do some research first.

should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year.

Make sure you go to

someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like

Ahmed have been to university for a minimum of eight years.

They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye.

They can manage, on a

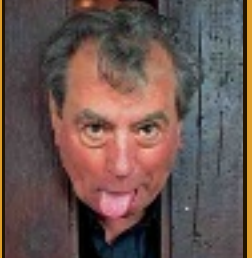
regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

3

life

Health



A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice.

THE ASSOCIATED PRESS



If you can climb stairs, you can have sex, says AMA guidance for heart patients

Resolutions live on at the Soloway JCC

Need some help staying on track? Let us help you on the path to health and wellness with everything you need to look and feel your best.

saltwater pool | kettlebells | pilates | yoga | spinfit | Heart Wise Exercise



21 Nadolny Sachs Private
One block south of Carling off Broadview
613-798-9818 EXT. 295

Join before January 31, 2012
and save 20%!



Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Check out our Swap & Drop Diet

I talked in my last column about our new diet book, Swap & Drop, which is full of ideas for small changes you can make that add up over time to lost pounds.

This week, I want to let you in on some details in the book's section on dining out.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

These places can be danger zones if you're watching your weight, so we thought it would be super helpful to provide nutritional information about restaurant menus to help you choose what to order.

We studied the menus



HANDOUT

at 10 chains across Canada — Boston Pizza, East Side Mario's, Harvey's, The Keg, KFC, McDonald's, Starbucks, Subway, Taco Bell and Tim Hortons — and made some surprising discoveries.

For example, one of these places has a bruschetta that contains 1,145 calories and 59 grams of fat.

The swap at that restaurant?

A shrimp cocktail with just 127 calories and 1 gram of fat.

At a coffee chain, the

raisin bran muffin has more than 400 calories and 13 grams of fat. The swap, if you're looking for a treat with your coffee, is the cookie with fruit and nuts; you'll cut the calories and fat almost in half.

And then there are breakfast sandwiches. At one chain, a sausage, egg and cheese on a biscuit has almost 600 calories and 37 grams of fat. Choose a ham, egg and cheese on an English muffin and save 300 calories and 25 grams of fat. That kind of change really adds up to make the difference on your bathroom scale.

These are just a few highlights of the Swap & Drop Diet book, which is \$29.95 and available wherever books are sold, and at besthealthmag.ca/swap.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS



JONATHAN HAYWARD/THE CANADIAN PRESS

► A study of helmets used by children for winter activities offers some new data on the various types of head protection that would suit tobogganers.

Putting impact helmets to test

► Ottawa lab testing head protection for tobogganing

Parents who take their youngsters tobogganing might want to top them off with a hockey helmet based on new test results of protective headgear for winter activities.

A team from the Children's Hospital of Eastern Ontario Research Institute and University of Ottawa compared the protective characteristics of three types of helmets used by children age seven and under. The study was published Friday in the *Journal of Neurosurgery: Pediatrics*.

In a laboratory setting, head forms fitted to hel-

Helmets

Alpine helmets

► **Didn't test well** The researchers found that alpine helmets didn't score well on front hits but did well on side impacts, which often occur on a ski hill.

mets for ice hockey, alpine skiing and cycling were subjected to front and side impacts at two-, four-, six- and eight-metres per second, using a special monorail drop rig.

Impact and surface velocities were chosen to simulate an impact similar to what might be expected for a child on the toboggan hill.

Safety performance was defined by the ability of a helmet to reduce acceleration of the head during the impact, said Dr. Blaine Hoshizaki, director of the Neurotrauma Impact Laboratory. The team found that the ice hockey helmet was the most protective at the lower-velocity impacts, while the bike helmet was the most protective at the high-velocity impact.

THE CANADIAN PRESS

DO YOU SUFFER FROM

Ragweed Pollen ALLERGIES?

We're enrolling a clinical research study of an investigational drug for ragweed pollen allergies.

If you are at least 18 years of age and have a clinical history of at least 2 years of ragweed-induced pollen allergies, you may be eligible to participate.

Study participation includes study-related care and study medications at no cost and the investigational drug is designed to be taken by mouth, once a day.

Find out today if you are eligible to participate and to learn about the study.

For information, contact:

Allergy and Asthma Research Centre
613-725-2102 Extension 246

ragweedpollen
study



**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

Aesthetic, Implant
& Family Dentistry
Since 1983



**STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS**

613-230-7475 • 2nd Level • Rideau Centre

Check out our weekly blog at
www.rideaudental.ca

Book Those Reading Week Appointments NOW!

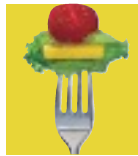


A place where egg rolls reign

► Only hit Golden Palace for Chinese New Year if you really love egg rolls

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Yesterday marked the start of the Chinese New Year and to celebrate I wanted to taste the best egg rolls in the city. Golden Palace lays claim to this title.

The decor inside has not changed much during its 50-year reign. A fanciful colour tiled ceiling, fuschia paint on some walls, turquoise on others and red touches balance out the colour theme.

The egg rolls were stuffed generously with a filling of lightly flavoured pork that was encased in a crisp wonton roll. Burnt ends added a distinctive taste. They were impeccable.

However, the two main dishes were expensive,



► Egg Rolls (\$1.70 each).

► **Golden Palace**
2195 Carling Ave.
613-820-8444
Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: Yes
Co-worker lunch: Yes
Price range: \$\$\$
Rating: 2 out of 5

tasteless and overall disappointing. The Chicken Almond Guy Din had no flavour but only a gloopy texture spoiled by a rancid

bite from a bad almond. Though the spare ribs promised to be garlic-infused, they were glazed with a citrus orange sauce

without a hint of garlic. If you want to celebrate the Year of the Dragon without a hint of garlic, Golden Palace is the place.

Easy Seafood Linguine



Preparation:

1 In a large pot of boiling water, cook pasta until al dente. Drain and keep warm.

2 While pasta is cooking, heat olive oil in a frying pan and sauté garlic for 3 to 4 minutes. Add breadcrumbs and chili

flakes; cook for 1 minute. Add clams with liquid, shrimp, oysters and white wine; cook for another 2 to 3 minutes. Toss seafood mixture with pasta, add parsley and season with pepper. Garnish with extra breadcrumbs. Serve.

THE CANADIAN PRESS/
CLOVER LEAF

Ingredients:

- 500 g (1 lb) linguine pasta
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, finely chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra for garnish
- 2 ml (1/2 tsp) chili flakes

- 1 can (142 g) baby yellow clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) coarsely chopped parsley
- Cracked black pepper

SIDEWALK SALE NOW ON - JANUARY 18-28 | VENTE DE TROTTOIR EN COURS - du 18 au 28 JANVIER

Inside 240 Sparks, on the corner of Bank & Queen!

À l'intérieur du 240 Sparks, à l'angle des rues Bank et Queen!

APPLETREE MEDICAL
BENTONS
SPARKS DENTAL CLINIC
ELISA G
MARCELLO'S MARKET & DELI
MERHI QUALITY SHOE REPAIR
SHEAR HEAVEN
JIMMY THE GREEK
TIMOTHY'S



HOLT RENFREW
REXALL
HILLARY'S
LCBO
FAIRWEATHER
LUNCH
SUBWAY
ASIAN GOURMET
TERIYAKI EXPERIENCE



Free Underground parking weekdays
after 5:00 pm and all day on weekends

WWW.240SPARKS.COM

Stationnement souterrain gratuit après 17 h en
semaine et toute la journée les fins de semaine

CHINESE NEW YEAR 101

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she cele-



brates a particular holiday.

So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish

the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year.

You are neither expected nor required to give a gift of any kind.

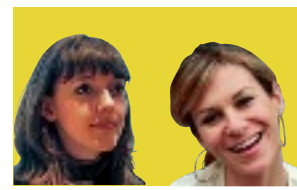
However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

CARPE DATE 'EM, CARPE DIEM

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Hello Claire and Andrea, I am in my early 30s and I am a single guy. I feel very lonely, like my life is passing me by. At times I feel jealous to see people older and younger than me getting married and I do not know what to do about it. I am always told I am too nice and I am shy with girls as well. I do not know how to reach out to people using technology. I would rather someone take the initiative or be face to face. How do I go about this when at times I feel like I am losing people or friendships?
Danny

Andrea: Dear depressed Danny,

I've learned that any transformation worth going through comes with its share of pain. Right now you're going through yours, and I hope that it pushes you to stand up for yourself and to believe that you are also entitled to a loving relationship.

Holidays can bring on the blues, but the new year is all about new beginnings. Get excited about where you're going. Put in the work to improve yourself and your outlook.

No one will make it happen for you, but once you're successful in achieving your goal, you'll be happy that you went through it.

Claire: Dear depressed Danny,

You're right, technology can make forming friend-

ships harder, not easier. But dating sites are the exception.

Make peace with your keyboard and try setting up a dating profile for at least three months — you can exchange emails with people you're interested in, but remember to sound (and stay) positive.

There are lots of people who feel lonely out there, and who would love to meet someone like you.

Also, try to engage in group activities: join a running club, volunteer somewhere, do things you enjoy.

Trust me, you'll find love or love will find you, so that one day you'll look back on these days of freedom and independence with longing.

Carpe date 'em, carpe diem!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Do you text and walk at the same time?



NATE
JONES

LIFE@METRONEWS.CA

METRO WORLD NEWS IN NEW YORK

Have you ever bumped into

a light post? Tripped on a trash can? Stumbled upon an old friend, literally?

If so, you may have a texting-while-walking problem.

Filmmaker Casey Neistadt explores these issues and more in a hilarious documentary for the New York Times, *Texting While Walking*: A Dangerous

Game.

In it, Neistadt gives a series of scientific illustrations demonstrating exactly how harmful (not to mention annoying!) walking and texting can be.

walking and texting can be.

"Let's stop acting like hollowed-out zombies, with BlackBerrys and iPhones replacing eye contact, handshakes and face-

to-face conversations," Neistadt writes in the accompanying article.

"It's time to live once again in the present and simply be where we are."

THE OTTAWA WEDDING SHOW
JANUARY 28 and 29
Saturday & Sunday 11am to 5pm
CE CENTRE 4899 UPLANDS DRIVE (at Airport Parkway)

- Exhibits - Over 100 of Ottawa's top wedding professionals
- Fashion shows - 12:30pm and 3:30pm both days
- Boutique Gowns - Hosted by Ottawa's leading bridal shops
- Prizes and Promotions available only at Show

ADMISSION FREE

www.OttawaWeddingShow.com

Kinderville
Quality care and education

Open House
Tuesday, January 24th
from 4pm to 8pm

Toddler and Preschool programs available!

OTTAWA
1644 Bank Street
Tel: 613-523-8060 www.kinderville.com



► This guy is just asking for trouble. There could be a light post waiting for him around the corner.

Make it a less taxing time of year

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Having been the host of *Maxed Out*, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of *Million Dollar Neighbourhood*, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save \$100,000, or an average of \$1,000 per family, through a variety of means includ-

Cha-ching!

What would you do with a tax windfall?

- ▶ **10 per cent** of the *Million Dollar Neighbourhood* families who received a tax windfall said they'd use it for shopping or a vacation, which would decrease their net worth.
- ▶ **86 per cent** said they'd either save it or pay down debt. Both of which would increase net worth.

ing bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But *Million Dollar Neighbourhood*'s first show took a slightly different tact by recovering money that had already been spent.



▶ *Million Dollar Neighbourhood* co-hosts Bruce Sellery and Dr. Joti Samra. The show airs Sundays on OWN.

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of

them. The refunds ranged from \$100 to \$10,000, in total more than \$50,000.

I was curious at the number of filing mistakes, so I asked Cleo Hamel, senior

tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as

"People make many mistakes filing taxes. Take extra time to keep money in your pocket."

-ALISON'S MONEY RULE

the previous year because it is easy. A change in their income from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

PROTECT YOUR IDENTITY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



I was speaking at a conference last week and the subject of insurance protection for identity theft came up in the Q & A portion of my talk.

I'm not a huge fan of this type of insurance because I believe there are far more effective ways to protect your identity than paying \$15 per month to have an institution register your credit cards and monitor the activity.

Sometimes this type of insurance only covers the legal fees associated with having your identity stolen; often in excess of \$10,000.

Insurance coverage cannot prevent identity theft; it only helps to detect it and cover losses associated with it.

You are the best form of insurance to protect your identity. The top five ways to ensure no one steals your identity are:

1. Don't leave your bank statements, credit or banking cards in places where someone could steal the information.

If you're using a shared computer at a library or coffee house to do your banking, clear the computer's history before you leave the terminal. Do not lend your banking cards to anyone; even a close friend.

2. Protect your passwords. When you enter in a pin number for a purchase, cover the keypad while you press the digits.

If you bank online or use sites like PayPal for purchases, change your passwords regularly.

The government of Canada has focused significant attention on this issue in recent months.

Check out their Cyber Security Strategy at publicsafety.gc.ca. Go to 'national security' and then click on 'cyber security'.

3. Shred any documentation that has personal information such as your name or address on it.

This includes letters sent for advertising purchases. You can buy a shredder for \$20 at your local office supply store.

4. Read your bank statements and monitor your account activity for a minimum of 10 minutes each week.

If you see anything that looks fishy, call your bank immediately.

5. Check on your credit score regularly to ensure there are no items you don't recognize on it. If there are, contact the credit bureau immediately to have the issue investigated and resolved.

There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca).

You can request a free copy of your credit score by visiting their websites (it will arrive by mail).

Finally, if you think your identity has been stolen, you need to talk to law enforcement officials and a lawyer.

Are you tired of the balancing act?



Balancing the uncertainties of life can be overwhelming. Visit mnpdebt.ca today and find out how we can restore financial stability to your life.

For a FREE, confidential consultation, call Marvin Zweig or Rob Shier toll free at 310.DEBT (310.3328) or:

Markham:
3100 Steeles Avenue East,
Suite 700* 416.515.3921

Toronto (Mid-Town):
45 St. Clair Avenue West,
Suite 1200* 416.967.6772

mnpdebt.ca *Resident Office
Trustees in Bankruptcy & Proposal Administrators
Licensed by the Federal Government of Canada

MNP LTD
Toll Free 310-DEBT

4
sports

Senators preview

Ottawa at Phoenix
9 p.m.
TV: SNET



The Senators (27-17-6) take on Phoenix (21-20-8) after facing Los Angeles on Monday. The Coyotes have won two of their last 10 games. Mike Smith allowed four goals on 21 shots against his former team on Saturday as Phoenix lost 4-3 to the Lightning. Smith has allowed more than four goals in two of his last three starts. Ray Whitney, who turns 40 in May, has five points in his last four games and leads the Coyotes with 41 points on the season. Adrian Aucoin (lower-body) and Daymond Langkow (face) both could play Tuesday night.

THE CANADIAN PRESS



Scan code for more sports.



▶ John Tavares, left, reaches for the puck in front of Jonas Gustavsson during the Islanders' 3-0 loss in Toronto on Monday night.

Tavares turning heads with torrid points pace

► After diversifying his game in off-season, Isles star on pace for career highs ► 'Every season he's getting better and better,' says skills coach

The NHL is talking about John Tavares again.

With the New York Islanders forward seemingly coming into his own and starting to reach the heights expected of a No. 1 draft pick, the fanfare that came with his arrival to the NHL in 2009 has returned.

"In my opinion, he's one of the top few forwards in the league," Toronto Maple Leafs defenceman Luke Schenn said Monday before the first of back-to-back meetings with the Islanders.

There can be no bigger compliment than the fact virtually every opponent is drafting up defensive game-plans designed to stop the 21-year-old centre.

Very few have had much success, particularly in the past month as he built a 12-game point streak. Tavares is benefiting from the maturing process, but he's also managed to stay a stride or two ahead of opponents

84

Heading into last night's game against Toronto, Tavares was on pace for 33 goals, 51 assists and 84 points. His career-high is 29 goals, 38 assists for 67 points in 2010-11.

by reshaping his game.

The work started over the summer in suburban Toronto with his longtime hockey skills coach, Dusan Kralik, who put the sniper through countless hours of passing drills in an effort to add another element to his offensive arsenal.

"He always carried the team on his shoulders in terms of scoring," Kralik told The Canadian Press in an interview. "I think he realized it's not maybe necessary to score goals ... everybody know he's a goal scorer so they put probably

"This guy's dedication to hockey is huge. He's been working so hard every summer ... He got stronger, he got faster and it's paying off."

ISLANDERS CAPTAIN MARK STREIT ON JOHN TAVARES

more emphasis covering him as a dominant player.

"He's still capable to open (space) for other players and create opportunities."

The results are in the statistics. Tavares is currently on pace to post career-highs on offence, but his biggest gains are in assists.

It's a big change for a player that made the jump to the OHL at age 15 and scored 72 goals in 67 games for the Oshawa Generals a year later.

Tavares once again finds himself as a major talking point in NHL circles. Praise is coming from opponents and teammates alike, speaking volumes about where he stands.

"The one thing about him too is he's super competitive," said Schenn. "He wants to be the go-to guy all the time. He wants to win bad."

Unless something changes on Long Island, that will remain a tough task. The Islanders carry the NHL's lowest payroll and that likely won't change even once Tavares' new \$33-million contract kicks in next season.

His decision to sign the six-year extension in September makes him the team's highest-paid player at \$5.5 million per season.

Clearly, Tavares believes better days lie ahead and he's determined to be the driving force behind a turnaround. THE CANADIAN PRESS

Djokovic moves on, Serena done in Australia

Novak Djokovic showed the first signs of vulnerability at the Australian Open on Monday but still held off Lleyton Hewitt to reach the quarter-finals in Melbourne.

American Serena Williams can't say the same in the women's event, though.

Djokovic, the defending men's champion, held his composure to defeat Hewitt 6-1, 6-3, 4-6, 6-3.

"It's obviously the first match that I've been tested," Djokovic said. "It was against the player that I expected to be tested."

Numbers told the surprising story for Williams in her fourth-round loss. She had seven double-faults, including four in one game; 37 unforced errors, and a first-serve percentage of just over 50 per cent.

After her 6-2, 6-3 loss to Ekaterina Makarova, Williams admitted she was still playing on a sore left ankle which she injured in Brisbane two weeks ago.

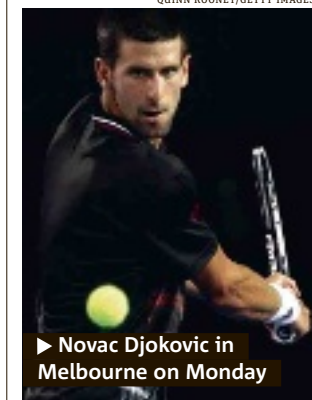
Djokovic has reached the quarter-finals for the fifth straight year with the win over Hewitt, ending Australia's participation in the singles draws.

"Lleyton was playing in front of his crowd. Obviously, he loves competing against the top guys on the big stage, and he proved it again," Djokovic said.

Djokovic is aiming to become only the fifth man in the Open era to win three consecutive majors after collecting the Wimbledon and U.S. Open titles last year.

THE ASSOCIATED PRESS

QUINN ROONEY/GETTY IMAGES



▶ Novak Djokovic in Melbourne on Monday

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|--------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Boston | 46 | 31 | 13 | 1 | 1 | 168 | 96 | 64 | 16-7-1-1 | 15-6-0-0 | 6-3-1-0 | W1 |
| d-NY Rangers | 46 | 30 | 12 | 1 | 3 | 129 | 96 | 64 | 14-5-0-2 | 16-7-1-1 | 7-3-0-0 | W1 |
| d-Florida | 47 | 22 | 15 | 5 | 5 | 120 | 133 | 54 | 11-5-1-5 | 11-10-4-0 | 3-3-3-1 | W1 |
| Philadelphia | 47 | 28 | 14 | 2 | 3 | 159 | 140 | 61 | 11-7-1-2 | 17-7-1-1 | 6-3-0-1 | L1 |
| Ottawa | 50 | 27 | 17 | 4 | 2 | 154 | 153 | 60 | 14-9-0-1 | 13-8-4-1 | 7-2-1-0 | L1 |
| Pittsburgh | 48 | 27 | 17 | 2 | 2 | 149 | 125 | 58 | 14-8-2-0 | 13-9-0-2 | 6-4-0-0 | W6 |
| New Jersey | 47 | 26 | 19 | 1 | 1 | 128 | 134 | 54 | 12-9-0-1 | 14-10-1-0 | 5-4-1-0 | L2 |
| Washington | 47 | 25 | 19 | 1 | 2 | 131 | 134 | 53 | 17-6-0-1 | 8-13-1-1 | 5-4-1-0 | L2 |
| Toronto | 48 | 24 | 19 | 3 | 2 | 147 | 144 | 53 | 14-8-2-2 | 10-11-1-0 | 6-4-0-0 | W1 |
| Winnipeg | 48 | 22 | 20 | 3 | 3 | 123 | 138 | 50 | 15-8-0-2 | 7-12-3-1 | 3-6-0-1 | L1 |
| Montreal | 48 | 18 | 21 | 2 | 7 | 123 | 132 | 45 | 8-10-2-4 | 10-12-0-2 | 5-3-0-2 | W1 |
| Tampa Bay | 47 | 20 | 23 | 1 | 3 | 132 | 163 | 44 | 12-7-0-1 | 8-16-1-2 | 4-5-0-1 | W3 |
| NY Islanders | 47 | 19 | 22 | 4 | 2 | 112 | 139 | 44 | 11-11-3-0 | 8-11-1-2 | 5-5-0-0 | L1 |
| Buffalo | 48 | 19 | 24 | 3 | 2 | 117 | 148 | 43 | 11-9-3-2 | 8-15-0-0 | 2-7-1-0 | L5 |
| Carolina | 50 | 17 | 24 | 5 | 4 | 128 | 158 | 43 | 12-11-0-3 | 5-13-5-1 | 4-3-1-2 | L1 |

WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|-------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Detroit | 48 | 32 | 15 | 1 | 0 | 155 | 109 | 65 | 19-2-1-0 | 13-13-0-0 | 9-1-0-0 | W6 |
| d-Vancouver | 48 | 29 | 15 | 0 | 4 | 155 | 120 | 62 | 13-6-0-3 | 16-9-0-1 | 5-3-0-2 | W1 |
| d-San Jose | 45 | 26 | 14 | 3 | 2 | 129 | 108 | 57 | 15-8-2-0 | 11-6-1-2 | 5-3-1-1 | L2 |
| St. Louis | 47 | 29 | 12 | 1 | 5 | 121 | 96 | 64 | 21-3-1-2 | 8-9-0-3 | 8-1-1-0 | W4 |
| Chicago | 49 | 29 | 14 | 3 | 3 | 161 | 141 | 64 | 19-5-1-3 | 10-9-2-0 | 5-3-2-0 | L1 |
| Nashville | 48 | 28 | 16 | 3 | 1 | 133 | 125 | 60 | 15-7-2-1 | 13-9-1-0 | 8-2-0-0 | W2 |
| Los Angeles | 49 | 23 | 16 | 4 | 6 | 107 | 110 | 56 | 13-11-0-4 | 10-5-4-2 | 4-2-1-3 | L2 |
| Colorado | 50 | 26 | 22 | 2 | 0 | 129 | 141 | 54 | 14-11-0-0 | 12-11-2-0 | 5-4-1-0 | L1 |
| Minnesota | 48 | 23 | 18 | 2 | 5 | 112 | 124 | 53 | 13-6-1-2 | 10-12-1-3 | 3-6-0-1 | W1 |
| Calgary | 49 | 23 | 20 | 3 | 3 | 120 | 136 | 52 | 13-6-1-1 | 10-14-2-2 | 5-3-1-1 | W2 |
| Dallas | 47 | 24 | 21 | 0 | 2 | 125 | 136 | 50 | 13-9-0-2 | 11-12-0-0 | 3-6-0-1 | L5 |
| Phoenix | 49 | 21 | 22 | 3 | 5 | 127 | 132 | 50 | 9-9-2-2 | 12-11-1-3 | 2-5-1-2 | L3 |
| Anaheim | 47 | 18 | 22 | 3 | 4 | 124 | 143 | 43 | 13-12-1-0 | 5-10-2-4 | 8-1-1-0 | W5 |
| Edmonton | 47 | 17 | 26 | 1 | 3 | 118 | 138 | 38 | 11-8-1-2 | 6-18-0-1 | 2-7-1-0 | L3 |
| Columbus | 47 | 13 | 28 | 1 | 5 | 112 | 155 | 32 | 8-13-1-2 | 5-15-0-3 | 3-6-0-1 | L2 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Toronto 3 N.Y. Islanders 0

Winnipeg at Carolina

St. Louis at Detroit

Columbus at Nashville

San Jose at Edmonton

Ottawa at Los Angeles

Sunday's results

Boston 6 Philadelphia 5 (SO)

Pittsburgh 4 Washington 3 (OT)

Anaheim 3 Colorado 2

Tonight's games

All Times Eastern

Buffalo at New Jersey, 7 p.m.

Toronto at N.Y. Islanders, 7 p.m.

Winnipeg at N.Y. Rangers, 7 p.m.

Boston at Washington, 7 p.m.

Columbus at Tampa Bay, 7:30 p.m.

Philadelphia at Florida, 7:30 p.m.

Pittsburgh at St. Louis, 8 p.m.

Nashville at Chicago, 8:30 p.m.

Anaheim at Dallas, 8:30 p.m.

Minnesota at Colorado, 9 p.m.

San Jose at Calgary, 9 p.m.

Ottawa at Phoenix, 9 p.m.

Edmonton at Vancouver, 10 p.m.

Tomorrow's game

Detroit at Montreal, 7:30 p.m.

NHL ALL-STAR BREAK

Jan. 26-30 at Ottawa

MAPLE LEAFS 3, ISLANDERS 0

First Period

1. Toronto, Lombardi 5 (Gardiner, Franson) 1:37

Penalty — Parenteau NYI (tripping) 13:26.

Second Period

No Scoring.

Penalties — None.

Third Period

2. Toronto, Kessel 26 (Lupul, Gunnarsson) 8:10

3. Toronto, Lombardi 6 (Crabb, Grabovski) 16:21

Penalty — Martin NYI (goaltender interference) 17:23.

Shots

N.Y. Islanders 5 6 14 25

Toronto 16 8 11 35

Goal — N.Y. Islanders: Nabokov (L,10-12-0); Toronto: Gustavsson (W,15-10-0). Power plays (goals-chances) — N.Y. Islanders: 0-0; Toronto: 0-2.

Referees — Chris Lee, Frederick L'Ecuyer.

Linesmen — Brian Mach, Scott Driscoll.

Attendance — 19,570 (18,819) at Toronto.

SCORING LEADERS

| | G | A | PT |
|-----------------|----|----|----|
| Malkin, Pgh | 26 | 32 | 58 |
| Giroux, Pha | 18 | 37 | 55 |
| Stamkos, TB | 32 | 20 | 52 |
| Ma.Hossa, Chi | 20 | 32 | 52 |
| H.Sedin, Vcr | 11 | 41 | 52 |
| Lupul, Tor | 20 | 31 | 51 |
| Datsyuk, Det | 13 | 38 | 51 |
| Toews, Chi | 27 | 23 | 50 |
| Kessel, Tor | 25 | 25 | 50 |
| D.Sedin, Vcr | 20 | 30 | 50 |
| Spezza, Ott | 20 | 30 | 50 |
| Tavares, NYI | 19 | 29 | 48 |
| Pominville, Buf | 17 | 30 | 47 |
| Neal, Pgh | 26 | 20 | 46 |
| Karlsson, Ott | 7 | 39 | 46 |
| Elias, NJ | 17 | 28 | 45 |
| Selanne, Ana | 15 | 30 | 45 |
| Hartnell, Pha | 25 | 19 | 44 |
| Eberle, Edm | 17 | 27 | 44 |
| Kopitar, LA | 15 | 29 | 44 |
| Moulson, NYI | 22 | 21 | 43 |

Eriksson, Dal

17 26 43

Versteeg, Fla

19 23 42

Seguin, Bos

18 24 42

Backstrom, Wash

13 29 42

Benn, Dal

13 29 42

Parenteau, NYI

9 33 42

Vanek, Buf

19 22 41

P.Bergeron, Bos

15 26 41

Ra.Whitney, Phx

15 26 41

P.Kane, Chi

11 30 41

St. Louis, TB

11 30 41

Sharp, Chi

20 20 40

Kovalchuk, NJ

19 21 40

Franzen, Det

18 22 40

Gaborik, NYR

25 14 39

Perry, Ana

22 17 39

Ovechkin, Wash

20 19 39

Iginla, Cal

18 21 39

Filppula, Det

15 24 39

Parise, NJ

15 24 39

Vrbata, Phx

22 16 38

Lecavalier, TB

18 20 38

O.Jokinen, Cal

12 26 38

Krejci, Bos

11 27 38

Lucic, Bos

17 20 37

Gaborik, NYR

16 21 37

Thornton, SJ

8 29 37

Cole, Mtl

18 18 36

Marleau, SJ

17 19 36

Alfredsson, Ott

15 21 36

O'Reilly, Col

14 22 36

E.Staal, Car

11 25 36

Nugent-Hopkins, Edm

13 22 35

Weiss, Fla

12 23 35

Couture, SJ

20 14 34

Pavelski, SJ

17 17 34

Callahan, NYR

16 18 34

Smyth, Edm

16 18 34

Fleischmann, Fla

15 19 34

Henrique, NJ

13 21 34

Jagr, Pha

12 22 34

Zetterberg, Det

9 25 34

Getzlaf, Ana

8 26 34

Edler, Vcr

7 27 34

Campbell, Fla

3 31 34

Not including last night's games

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia

MEN

Singles — Fourth Round

Andy Murray (4), Britain, def. Mikhail Kukushkin, Kazakhstan, 6-1, 6-1, 1-0 (retired).

David Ferrer (5), Spain, def. Richard Gasquet (17), France, 6-4, 6-4, 6-1.

Kei Nishikori (24), Japan, def. Jo-Wilfried Tsonga (6), France, 2-6, 6-2, 6-1, 3-6, 6-3.

Doubles — Third Round

Santiago Gonzalez, Mexico, and Christopher Kas (12), Germany, def. Jurgen Melzer, Austria, and Philipp Petzschner (5), Germany, 7-6 (1), 7-5.

Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Frantisek Cermak, Czech Republic, and Filip Polasek (11), Slovakia, 6-4, 6-3.

Robert Lindstedt, Sweden, and Horia Tecau (7), Romania, def. Ricardo Mello and Joao Souza, Brazil, 6-4, 6-3.

Eric Butorac, U.S., and Bruno Soares (10), Brazil, def. Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Curacao, 6-4, 6-2.

WOMEN

Singles — Fourth Round

Petra Kvitova (2), Czech Republic, def. Ana Ivanovic (21), Serbia, 6-2, 7-6 (2).

Maria Sharapova (4), Russia, def. Sabine Lisicki (14), Germany, 3-6, 6-2, 6-3.

Ekaterina Makarova, Russia, def. Serena Williams (12), U.S., 6-2, 6-3.

Sara Errani, Italy, def. Zheng Jie, China, 6-2, 6-1.

SOCCER

SPAIN

LA LIGA

Team

GP

W

D

L

GF

GA

Pts

Real Madrid

19

16

1

2

67

18

49

Barcelona

19

13

5

1

59

12

44

Valencia

19

10

5

4

29

20

35

Levante

19

9

4

6

25

22

31

Espanyol

19

8

4

 7 | 21 | 21 | 28 || Osasuna | 19 | 6 | 9 | 4 | 22 | 31 | 27 |
| Athletic Bilbao | 19 | 6 | 8 | 5 | 27 | 23 | 26 |
| Athletic Madrid | 19 | 7 | 5 | 7 | 30 | 27 | 26 |
| Sevilla | 19 | 6 | 8 | 5 | 20 | 20 | 26 |
| Malaga | 19 | 7 | 4 | 8 | 22 | 28 | 25 |
| Getafe | 19 | 6 | 6 | 7 | 20 | 25 | 24 |
| Real Betis | 19 | 7 | 2 | 10 | 22 | 27 | 23 |
| Rayo Vallecano | 19 | 6 | 4 | 9 | 21 | 28 | 22 |
| Mallorca | 19 | 5 | 7 | 7 | 17 | 24 | 22 |
| Real Sociedad | 19 | 5 | 6 | 8 | 17 | 27 | 21 |
| Racing Santander | 19 | 4 | 8 | 7 | 15 | 23 | 20 |
| Villarreal | 19 | 4 | 7 | 8 | 18 | 28 | 19 |
| Granada | 19 | 5 | 4 | 10 | 12 | 26 | 19 |
| Sporting Gijon | 19 | 5 | 3 | 11 | 18 | 33 | 18 |

Yesterday's results

Villarreal 3,Sporting Gijon 0

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — New England 23 Baltimore 20

NFC — N.Y. Giants 20 San Francisco 17 (OT)

PRO BOWL

Sunday, Jan. 29

At Honolulu

All Times Eastern

NFC vs. AFC, 7 p.m.

SUPER BOWL

Sunday, Feb. 5

At Indianapolis

New England vs. N.Y. Giants, 6:20 p.m.

NBA

EASTERN CONFERENCE

| | W | L | Pct | GB |
|----------------|----|----|------|-----|
| d-Chicago | 15 | 3 | .833 | — |
| d-Orlando | 11 | 4 | .733 | 2½ |
| Indiana | 11 | 4 | .733 | 2½ |
| d-Philadelphia | 12 | 5 | .706 | 2½ |
| Atlanta | 12 | 5 | .706 | 2½ |
| Miami | 11 | 5 | .688 | 3 |
| Milwaukee | 6 | 9 | .400 | 7½ |
| Boston | 6 | 9 | .400 | 7½ |
| Cleveland | 6 | 9 | .400 | 7½ |
| New York | 6 | 10 | .375 | 8 |
| New Jersey | 5 | 12 | .294 | 9½ |
| Detroit | 4 | 13 | .235 | 10½ |
| Toronto | 4 | 13 | .235 | 10½ |
| Charlotte | 3 | 14 | .176 | 11½ |
| Washington | 2 | 15 | .118 | 12½ |

Western Conference

| | W | L | Pct | GB |
|-----------------|----|----|------|----|
| d-Oklahoma City | 13 | 3 | .813 | — |
| Denver | 12 | 5 | .706 | 1½ |
| Utah | 10 | 5 | .667 | 2½ |
| d-L.A. Clippers | 9 | 5 | .643 | 3 |
| d-Memphis | 9 | 6 | .600 | 3½ |
| San Antonio | 10 | 7 | .588 | 3½ |
| Dallas | 10 | 7 | .588 | 3½ |
| Houston | 9 | 7 | .563 | 4 |
| Portland | 9 | 7 | .563 | 4 |
| L.A. Lakers | 10 | 8 | .556 | 4 |
| Minnesota | 7 | 9 | .438 | 6 |
| Phoenix | 6 | 9 | .400 | 6½ |
| Sacramento | 6 | 11 | .353 | 7½ |
| Golden State | 5 | 10 | .333 | 7½ |
| New Orleans | 3 | 13 | .188 | 10 |

d-division leaders ranked in top four positions.

Tonight's games

All Times Eastern

New York at Charlotte, 7 p.m.

Orlando at Indiana, 7 p.m.

Cleveland at Miami, 7:30 p.m.

Toronto at Phoenix, 9 p.m.

Memphis at Portland, 10 p.m.

Tomorrow's games

New York at Cleveland, 7 p.m.

Charlotte at Washington, 7 p.m.

New Jersey at Philadelphia, 7 p.m.

Miami at Detroit, 7:30 p.m.

Indiana at Chicago, 8 p.m.

Milwaukee at Houston, 8 p.m.

New Orleans at Oklahoma City, 8 p.m.

Minnesota at Dallas, 8:30 p.m.

Atlanta at San Antonio, 8:30 p.m.

Toronto at Utah, 9 p.m.

Denver at Sacramento, 10 p.m.

Portland at Golden State, 10:30 p.m.

L.A. Clippers at L.A. Lakers, 10:30 p.m.

LACROSSE

NLL

All Times Eastern

EAST DIVISION

| | GP | W | L | Pct. | GF | GA | GB |
|--------------|----|---|---|-------|----|----|----|
| Buffalo | 2 | 2 | 0 | 1.000 | 26 | 19 | — |
| Rochester | 2 | 1 | 1 | .500 | 31 | 24 | 1 |
| Philadelphia | 2 | 1 | 1 | .500 | 22 | 31 | 1 |
| Toronto | 2 | 0 | 2 | .000 | 19 | 26 | 2 |

WEST DIVISION

| | GP | W | L | Pct. | GF | GA | GB |
|------------|----|---|---|-------|----|----|----|
| Colorado | 3 | 3 | 0 | 1.000 | 46 | 38 | — |
| Calgary | 3 | 2 | 1 | .667 | 37 | 32 | 1 |
| Minnesota | 1 | 0 | 1 | .000 | 14 | 20 | 2 |
| Edmonton | 1 | 0 | 1 | .000 | 12 | 13 | 2 |
| Washington | 2 | 0 | 2 | .000 | 19 | 23 | 2½ |

WEEK THREE

Saturday's results

Colorado 13 Calgary 12 (OT)

Buffalo 12 Rochester 9

Philadelphia 10 Washington 9 (OT)

Friday's result

Colorado 13 Edmonton 12

WEEK FOUR

Friday, Jan. 27

Rochester at Toronto, 7 p.m.

Philadelphia at Buffalo, 7:30 p.m.

Saturday, Jan. 28

Buffalo at Minnesota, 8 p.m.

Rochester at Colorado, 9 p.m.

Toronto at Calgary, 9 p.m.

Edmonton at Washington, 10:30 p.m.

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

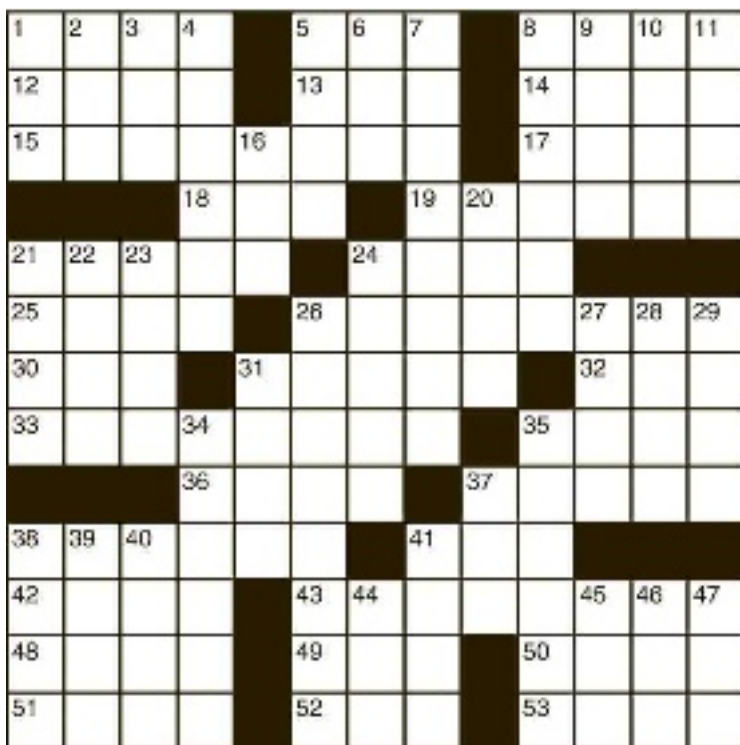
Crossword

Across

- 1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' top-pers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarts
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

- 1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.

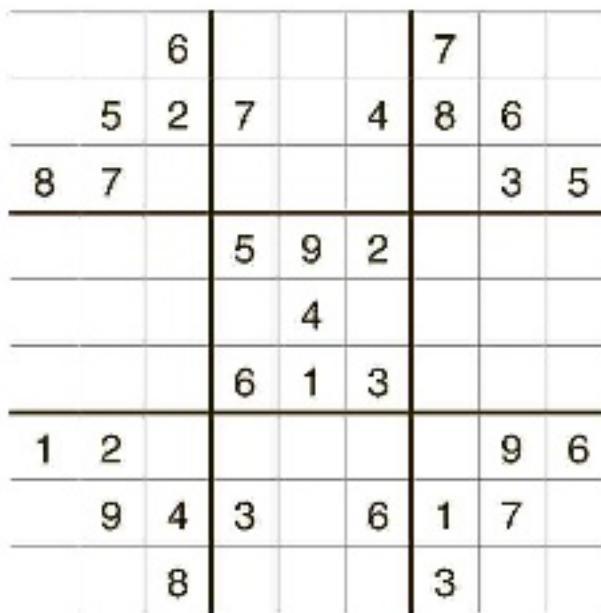


- 7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korb
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 4 | 9 | 7 | 2 | 5 | 6 | 1 | 8 |
| 7 | 8 | 5 | 1 | 3 | 6 | 4 | 2 | 9 |
| 6 | 2 | 1 | 9 | 4 | 8 | 3 | 7 | 5 |
| 5 | 3 | 7 | 6 | 6 | 1 | 9 | 4 | 2 |
| 2 | 1 | 4 | 3 | 5 | 9 | 7 | 8 | 6 |
| 8 | 6 | 6 | 2 | 7 | 4 | 1 | 5 | 3 |
| 1 | 7 | 3 | 5 | 9 | 2 | 8 | 6 | 4 |
| 4 | 5 | 8 | 6 | 1 | 3 | 2 | 9 | 7 |
| 6 | 9 | 2 | 4 | 8 | 7 | 5 | 3 | 1 |

Today

1°/-9°
Cloudy
40%

Wednesday

-6°/-9°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2012

Today's horoscope

♈ Aries March 21-April 20
You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.
♉ Taurus April 21-May 21
It won't be long before you are back to your best and raring to go.
♊ Gemini May 22-June 21
You may have to own up to something a bit embarrassing today but rather than deny it and get caught out later on.
♋ Cancer June 22-July 22
Go out, have a good time and meet as many interesting and influential

new people as you possibly can.
♌ Leo July 23-Aug. 23
Something will catch your eye today and you won't be happy until you have made it your own.
♍ Virgo Aug. 24-Sept. 22
There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.
♎ Libra Sept. 23-Oct. 23
If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.
♏ Scorpio Oct. 24-Nov. 22
A certain individual may seem a bit boring but if you make an effort to get to know them today you may

For today's crossword answers and for expanded horoscopes, go to metronews.ca
find you have a lot in common.
♐ Sagittarius Nov. 23-Dec. 21 Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.
♑ Capricorn Dec. 22-Jan. 20 You know that your beliefs are right but how do you convince other people of that fact? You don't.
♒ Aquarius Jan. 21-Feb. 18 Try not to be too critical of other people today.
♓ Pisces Feb. 19-March 20 You may find it hard to be nice to someone today.
● SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

FLIGHT CENTRE Unbeatable

Bahamas 3-Night Cruise
\$179

Norwegian Sky + taxes & fees \$85
CRUISE roundtrip Miami and visit Great Stirrup Cay and Nassau.
Sails Sep 7/incl. **UPGRADE** to oceanview stateroom for \$7 per night.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex. Ottawa. Cruise prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ncl=norwegian. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

Do your resolutions include finding a new career?

Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more





RBC Royal Bank

The thrill of Avioning®



... any time you want.

With the RBC® Visa Infinite® Avion® card there are no blackout periods or seating restrictions on when you can travel** and as a cardholder your points don't expire. Whether it's sightseeing in London, March Break in the Caribbean, or a long weekend to the U.S., if the seats are available, you're flying – even on holidays.

NEW

Redeem your points instantly with the best one-step travel rewards online booking experience in Canada, powered by Travelocity®.

Apply today and receive 15,000 welcome points upon enrolment – that's a short haul flight**.

ANY AIRLINE
FLIGHT
TIME™

Call **1-800-769-2511**
or visit **rbc.com/avion**



Avioners™ can do that

©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. #All other trademarks are the property of their respective owner(s). *2011 Travelocity.com LP. All rights reserved. Travelocity, the Stars design and Roaming Gnome design are trademarks of Travelocity.com LP. ††To receive the 15,000 bonus RBC Rewards points which will appear on your first statement, your application form must be received by January 31, 2012, and approved by us. Cardholder(s) with existing RBC Royal Bank travel rewards credit cards applying for or transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with another offer. All applicable taxes, service fees and surcharges are the responsibility of the traveller. For Air Travel redemption details, visit www.rbc rewards.com/travel-rewards. Some restrictions apply. For complete terms and conditions that apply to the RBC Rewards program, please visit: www.rbc rewards.com or call 1-800-769-2512.